

Bistro sandwiches are easy to make

America loves summer picnics. Whatever the setting, good food is essential. Rest on Labor Day, a meal doesn't have to require a great deal of effort on the part of the cook.

Ham and Salami Bistro Baguettes, according to the Meat Board Test Kitchens, can fit on the most sophisticated picnic menu, but are prepared in just minutes with ingredients found in most supermarkets. These French baguette sandwiches feature sliced Genoa salami, fully cooked ham and provolone cheese—all from the deli case.

The deli meats are seasoned in European fashion with a mixture of canned roasted red pepper, ripe or Niçoise olives, green onion and pesto sauce, all equally available, ready-to-use. Choose the rest of the menu so it's just as simple—ready-made salads, bakery-fresh cookies or pastries and fresh fruit.

When packing food for picnics thoroughly chill everything before leaving for your outdoor destination. Pack cold food in an insulated cooler with plenty of ice, arranging items to be eaten first on top and leaving as little airspace as possible. Fresh ingredients, packed well and kept cold, get you off to a great start for easy summertime meals-to-go.

HAM AND SALAMI BISTRO BAGUETTES

Preparation time: 25 minutes
4 ounces each sliced Genoa salami and fully cooked ham
1/4 cup chopped jarred roasted red pepper
2 tablespoons each prepared pesto sauce and chopped ripe olives
1 tablespoon finely chopped green onion
Spinach leaves
4 ounces sliced provolone cheese
4 individual French baguettes (each 5 to 6 inches long), split

Combine red pepper, pesto sauce, olives and onion. Spread bottom half of each baguette piece with 1 1/2 tablespoons red pepper mixture. Layer with equal amounts of spinach leaves, cheese, Genoa salami and ham. Top with an equal amount of remaining red pepper mixture. Close sandwiches with baguette tops. Sandwiches can be served immediately or packed to go. (Wrap sandwiches individually in plastic wrap and refrigerate up to 4 hours; carry to site in an insulated cooler.) 4 sandwiches.

Pitted and chopped Niçoise olives may be substituted for ripe olives.



Ham and Salami Bistro Baguettes dress up any picnic menu.

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Spiced yogurt cake goes from pan to picnic

AP—Spiced Yogurt Picnic Cake goes to your Labor Day picnic in the same pan it was baked in, and it can be baked the day before. Keep it covered, at room temperature, until you're ready to pack the picnic basket.

SPICED YOGURT PICNIC CAKE
2 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
1/4 teaspoon salt
1/2 cup butter or margarine, softened

1 1/2 cups granulated sugar
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1 teaspoon vanilla extract
3 eggs
1 cup plain low-fat yogurt
Coconut Topping (recipe below)

Preheat oven to 350 degrees F. Grease a 9- by 12-inch baking pan. Onto waxed paper sift flour, baking powder, baking soda and salt. In a large bowl, beat butter, sugar, cinnamon, nutmeg and vanilla until

well blended. Add eggs one at a time, beating well after each addition. Turn mixer to low speed and add flour mixture alternately with yogurt, starting and ending with flour. Increase mixer speed and beat until smooth and creamy. Turn into prepared pan. Bake in a 350-degree F oven for 35 minutes or until tester comes out clean. Cool in pan on wire rack. Spread Coconut Topping on top of cake and broil until topping is bubbly (watch carefully that it doesn't burn). Cool before serving.

Makes one cake, about 20 servings.

Coconut Topping
1/2 cup finely chopped walnuts
1/2 cup flaked coconut
1/2 cup firmly packed dark brown sugar
1 teaspoon ground cinnamon
1 tablespoon butter or margarine, melted
1/2 cup heavy whipping cream
For topping, combine all ingredients in a medium bowl. Spread on cake.

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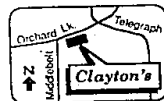
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